

**CLAIM(S):**

The embodiments of the invention in which an exclusive property or privilege is claimed, are defined as follows:

I claim:

1) The claim 9 has been amended as follows:

--9. (amended) A mechanical apparatus comprising:

a ~~base structure~~ frame, and

~~covered with a motionless cushion~~ means for supporting the user's body while its wrist or ankle is engaged to a belt attached to a steel cable, wherein said steel cable passing passes around a small pulley being engaged into ~~therein~~ an adjustable rotary part turning freely in all directions and being connected at a curved end of a vertical bar mounted of each side of one small pulley and blocked thereby a metal pin through a hole formed thereon a part member fixed to the ~~base structure~~ frame of the apparatus for adjusting the vertical bar according to the desired position, and wherein said steel cable extending extends inside said vertical bar so as to be able to turn around two small pulleys being mounted at said ~~base~~ structure frame of the apparatus and of a main large pulley being fixed at a diagonal bar, and

wherein said steel cable to be is finally attached to a first one end of  
an arm member a bar being connected to a spiral spring and which the  
second end is fixed at said base structure frame of the apparatus [[;]] , and  
wherein a said spiral spring is connected approximately in middle of said  
arm member and welded to a rod connected to a part member which may be  
moved along the perforated body member being welded to said base-  
structure frame of the apparatus and to be blocked through a hole thereby a  
metal pin for adjusting the tension of said spring. --.

**CLAIM(S):**

The embodiments of the invention in which an exclusive property or privilege is claimed, are defined as follows:

I claim:

**9. A mechanical apparatus comprising:**

a frame, and

means for supporting the user's body while its wrist or ankle is engaged to a belt attached to a steel cable,

wherein said steel cable passes around a small pulley being engaged therein an adjustable rotary part turning freely in all directions and being connected at a curved end of a vertical bar mounted of each side of one small pulley and blocked thereby a metal pin through a hole formed thereon a part member fixed to the frame of the apparatus for adjusting the vertical bar according to the desired position, and

wherein said steel cable extends inside said vertical bar so as to be able to turn around two small pulleys being mounted at said frame of the apparatus and of a main large pulley being fixed at a diagonal bar, and

wherein said steel cable is finally attached to one end of a bar being connected to a spiral spring and fixed at said frame of the apparatus, and

wherein said spiral spring is welded to a rod connected to a part member which may be moved along the perforated body member being welded to said frame of the apparatus and to be blocked through a hole thereby a metal pin for adjusting the tension of said spring.